

MEMORIAL RUN/WALK

**SATURDAY,
APRIL 18, 2015
RIVERFRONT PARK
1285 E RIVERFRONT DR.
COTTONWOOD, AZ**

Run or walk the 7th Annual Brian Mickelsen Memorial Marathon, Half-Marathon, 10K, 2-Mile Run/Walk. This race is a tribute to Brian Mickelsen,

Cottonwood's beloved city manager, who passed away suddenly on a training run in 2007. Come share two of his passions - running and the Verde Valley - while experiencing this memorable and scenic course!



Sponsored by the

Verde Valley Medical Center
Northern Arizona Healthcare

START TIMES:

Marathon ~ 6:00AM

Half Marathon ~ 7:30AM

10K ~ 7:40AM

2 mile ~ 7:50AM

REGISTRATION:

On-line at cottonwoodaz.gov/parksrec/bmm or mail in by Friday, April 3; Day of Event: 5:15 - 5:45 am for Full Marathon; 6:15 - 7:00 am for all others. No registrations accepted April 16 or 17. *No Refunds due to withdrawals. \$5 Fee charged for all transfers. \$5 discounts for students under 18 and senior runners ages 55 & older.*

FEEES:

| | <u>by Jan 31</u> | <u>Feb 1 -Mar 31</u> | <u>Apr 1 - 15</u> | <u>Race Day</u> |
|-----------------------|------------------|----------------------|-------------------|-----------------|
| FULL MARATHON: | \$60.00 | \$70.00 | \$80.00 | \$90.00 |
| 1/2 MARATHON: | \$40.00 | \$50.00 | \$60.00 | \$70.00 |
| 10K RUN: | \$20.00 | \$30.00 | \$40.00 | \$50.00 |
| 2 MILE: | \$15.00 | \$20.00 | \$25.00 | \$30.00 |



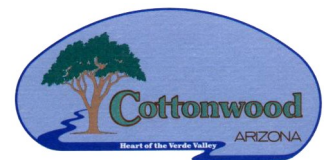
Northern Arizona
REHABILITATION AND FITNESS



salomon



MOUNTAIN VIEW
VILLA APARTMENT HOMES



SCENIC RACE COURSES

ALONG THE VERDE GREENWAY

All four courses begin and end at the Riverfront Park ramadas and can be viewed at www.cottonwoodaz.gov/parksrec/bmm. The event will be chip timed by StartLine Racing.

MARATHON: The marathon will follow the half marathon course out to Tuzigoot Road and up Sycamore Canyon Road. Instead of looping back toward the monument the route continues down Sycamore Canyon Road for a 6.6 mile out and back then reenters on the half marathon route. This route will utilize dirt roads, paved roads and trails for a great variety on the scenic course.

Half-Marathon: Run or walk through historic Old Town then along gentle hills to Sycamore Canyon Road up to Tuzigoot National Monument, where the Sinagua Indians once lived. Continue on a short series of trails with views of the beautiful Verde River into Dead Horse Ranch State Park.

10K: This route winds through beautiful Dead Horse Ranch State Park nestled between Sycamore Canyon and Mingus Mountain.

2-Mile: Run or walk from the ramadas to Dead Horse Ranch State Park's gate and back. This route is fairly flat but the scenery is breathtaking.

Keep track of race updates at
cottonwoodaz.gov/parksrec.



AWARDS & HIGHLIGHTS

Pre-Race carb loading meal at the Cottonwood Recreation Center; Great raffle prizes - shoes, dinners, 2-night stays; Fun race bags - snacks, race shirt & more; Post race massages; Live music; Healthy refreshments - fruit, pasta.

First overall male and female in the Full and 1/2 Marathons receive a free pair of running shoes from Salomon USA. Awards given to the top three adult male and female winners in 5 year age groups in the Full, 1/2 Marathon & 10K.

Free shirts guaranteed only to race participants who register by Friday, March 20, 2015. Full, 1/2 marathon and 10K racers receive technical running shirts. 2 milers receive cotton t-shirts.

Race bags will be available for early pick-up for preregistered participants Friday, April 17 from 11:00 AM to 8:00 PM at the Cottonwood Recreation Center, 150 S. 6th Street. Enter on Brian Mickelsen Parkway behind the Library.

REGISTRATION & FEES

Pre-register online at cottonwoodaz.gov/parksrec/bmm through April 5 or at Cottonwood Parks and Recreation from January 2 through Wednesday, April 9. Absolutely no registrations accepted April 10 or 11. Race day registration is from 5:15 - 5:45 AM for the Full Marathon & 6:15 - 7:00 AM for all others. See reverse for fees.

Please print and fill out completely and mail with appropriate fee to:

City of Cottonwood Parks and Recreation
150 S. 6th Street, Cottonwood, AZ 86326

| Circle Running Distance | | | |
|-------------------------|--------------|-----|--------|
| Marathon | 1/2 Marathon | 10K | 2-Mile |

| | | | |
|----------------------------------|------------|----------------|-----------------|
| Last Name | First Name | Date of Birth | Age on Race Day |
| Mailing Address (include Apt. #) | City | State & Zip | Daytime Phone |
| Shirt Size: Adult or Youth | Sex: F M | Email Address: | |

In consideration of your acceptance of this entry, I hereby, for myself, my heirs, my executors, and administrators indemnify and waive any and all rights and claims for damages I may have against the City of Cottonwood, Yavapai County, Dead Horse Ranch State Park, USDA Forest Service, its sponsors, coordinating groups, volunteers and any individuals associated with the event, their representatives, successors, and assigns, and will hold them harmless for any and all injuries suffered in connections with said event. Also, none of the above are responsible for the loss of personal items nor any other form of aggravation in connection with the Brian Mickelsen Memorial. I have been warned I must be in good health to participate in this event. I acknowledge that I am an amateur in such events. I also give permission for the free use of my name and picture in any broadcast, telecast or print media account of this event. In filling out this form, I acknowledge I have read and fully understand my own liability and do accept the restrictions.

Signature (Plus Parent's if runner is under 18) _____ Date _____

For more information contact



928-639-3200

www.cottonwoodaz.gov
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